

SUBSTANCE USE and BREASTFEEDING

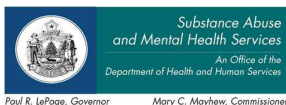
"Maternal substance abuse is not a categorical contraindication to breastfeeding. Adequately nourished narcotic-dependent mothers can be encouraged to breastfeed if they are enrolled in a supervised methadone maintenance program and have negative screening for HIV and illicit drugs. The most comprehensive, up-to-date source of information regarding the safety of maternal medications when the mother is breastfeeding is [LactMed](#), an Internet-accessed source published by the National Library of Medicine/National Institutes of Health."¹



The Maine Office of
Substance Abuse and
Mental Health Services

www.maine.gov/dhhs/samhs

1-800-499-0027



Paul R. LePage, Governor Mary C. Mayhew, Commissioner

ALCOHOL

- "Ingestion of alcoholic beverages should be minimized and limited to an occasional intake but no more than 0.5 g alcohol per kg body weight, which for a 60 kg [~130lb] mother is approximately 2 oz liquor, 8 oz wine, or 2 beers. Nursing should take place 2 hours or longer after the alcohol intake to minimize its concentration in the ingested milk."¹

BUPRENORPHINE (Subutex®/Suboxone® and other generic versions)

- "...the low exposure of nursing infants to buprenorphine, compared to the exposure necessary for maintenance treatment in their mothers, indicates that there are no...clinical reasons to discourage mothers receiving buprenorphine from breastfeeding their infants...though it is recommended that infants be monitored closely."⁵
- "Although the Subutex® and Suboxone® package inserts state that breastfeeding is not advised in mothers treated with these medications...any effects of these medications on the breastfed infant would be minimal and that breastfeeding is not contraindicated...physicians are advised to use their professional judgment in their recommendations."³

COCAINE

- "Cocaine should not be used by nursing mothers or smoked (such as with "crack") by anyone in the vicinity of infants because the infants may be exposed by inhaling the smoke."⁶

MARIJUANA/CANNABIS

- "Marijuana should not be used by nursing mothers because it may impair their judgment and child care abilities."⁶
- "Marijuana should not be smoked by anyone in the vicinity of infants because the infants may be exposed by inhaling the smoke. Some evidence indicates that paternal marijuana use increases the risk of sudden infant death syndrome in breastfed infants."⁶

METHADONE

- "The benefits of breastfeeding often outweigh the effect of the tiny amount of methadone that enters the breast milk. Though breastfeeding generally is recommended, [women] should still discuss it with [their] doctor."⁴
- "Most addictive drugs, including methadone, are excreted in variable amounts into breast milk, but the quantity of transferred drug is so low that breastfeeding is considered unlikely to prevent neonatal abstinence syndrome (NAS)."²
- "...successful encouragement of breastfeeding, whether during the prenatal or postnatal period, has also been shown to enhance parental bonding, promote attachment, and significantly reduce the rate of child removal."²

METHAMPHETAMINE

- "In mothers who abuse methamphetamine while nursing, withholding breastfeeding for 24 to 48 hours after the maternal dose has been recommended; however, the American College of Obstetrics and Gynecology recommends that mothers who are actively abusing methamphetamine should not breastfeed."⁶

TOBACCO

- "Maternal smoking is not an absolute contraindication to breastfeeding but should be strongly discouraged, because it is associated with an increased incidence in infant respiratory allergy and Sudden Infant Death Syndrome (SIDS). Smoking should not occur in the presence of the infant so as to minimize the negative effect of secondary passive smoke inhalation. Smoking is also a risk factor for low milk supply and poor weight gain."¹

¹ Breastfeeding and the Use of Human Milk, *Pediatrics*, February 2012

² Effects of Breast Milk on the Severity and Outcome of Neonatal Abstinence Syndrome Among Infants of Drug-Dependent Mothers, *Pediatrics*, June 2006

³ Substance Abuse and Mental Health Services Administration (SAMHSA) TIP 40: Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction, 2004

⁴ Substance Abuse and Mental Health Services Administration (SAMHSA): Methadone Treatment for Pregnant Women, 2006

⁵ Transfer of Buprenorphine Into Breast Milk and Calculation of Infant Drug Dose, *Journal of Human Lactation*, 2009

⁶ LactMed Search: Cannabis; Methamphetamine; Cocaine, 2012

SUBSTANCE USE and BREASTFEEDING: RESEARCH & RESOURCES

- **American College of Obstetrics & Gynecologists (ACOG): Committee Opinion**

Opioid Abuse, Dependence, and Addiction in Pregnancy (2012)

<http://www.acog.org/>

- **American Academy of Pediatrics (Pediatrics)**

Breastfeeding and the Use of Human Milk (2012)

<http://pediatrics.aappublications.org/content/129/3/e827.full.pdf>

Methadone Maintenance and Breastfeeding in the Neonatal Period (2008)

<http://pediatrics.aappublications.org/content/121/1/106.full.html>

Effects of Breast Milk on the Severity and Outcome of Neonatal Abstinence Syndrome Among Infants of Drug—Dependent Mothers (2006)

<http://pediatrics.aappublications.org/content/117/6/e1163.full.html>

The Transfer of Drugs and Other Chemicals Into Human Milk (2001)

<http://pediatrics.aappublications.org/content/108/3/776.full.pdf>

- **British Journal of Clinical Pharmacology**

Transfer of methylamphetamine and amphetamine into breast milk following recreational use of methylamphetamine (2009)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2679109/>

- **“Drugs in Pregnancy and Lactation: A Reference Guide to Fetal and Neonatal Risk”**

Briggs, Gerald G, Freeman, Roger K, and Yaffe, Sumner J. Lippincott Williams & Wilkins; Ninth Edition (2011)

<http://www.lww.com>

- **Journal of Addiction Medicine**

Management of Addiction Disorders in Pregnancy (Volume 2, Number 1, March 2008)

<http://www.methadonesupport.org/pregDisorders.pdf>

- **Journal of Human Lactation**

Transfer of Buprenorphine Into Breast Milk and Calculation of Infant Drug Dose (2009)

<http://jhl.sagepub.com/content/25/2/199.full.pdf+html>

Methadone Levels in Human Milk (2009)

<http://jhl.sagepub.com/content/16/2/115.abstract>

Opiate Exposure in Breastfeeding Newborns (2007)

<http://jhl.sagepub.com/content/23/1/13.1.full.pdf+html>

- **Journal of Perinatology**

Update on the pharmacologic management of neonatal abstinence syndrome (2011)

<http://www.nature.com/jp/journal/v31/n11/abs/jp2011116a.html>

- **LactMed (ToxNet: US National Library of Medicine)**

A peer-reviewed and fully referenced database of drugs to which breastfeeding mothers may be exposed.

<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT> (search: buprenorphine, methamphetamine, cannabis)

- **Maine Breastfeeding Coalition**

<http://www.mainestatebreastfeedingcoalition.org>

- **Medications and Mother’s Milk** (Hale, Thomas W; 2010, 2012)

<http://www.ibreastfeeding.com>

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Methadone Treatment for Pregnant Women (2009)

<http://store.samhsa.gov/product/Methadone-Treatment-for-Pregnant-Women/SMA09-4124>

TIP 40: Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction (2004)

http://buprenorphine.samhsa.gov/Bup_Guidelines.pdf